



Teaching Points – The Cello Sherpa Episode 5  
“In It To Win It”

with guest Jennifer Humphreys, Section Cello, St. Louis Symphony Orchestra

1. Jennifer seems to embrace the same approach that David Geber (Episode 2) recommended for preparing for an audition – “begin with the end in mind.” She shared that she maps out her time for several months in advance of an audition. What is your audition plan? How would you map out your time to prepare for an important audition?
2. Could you improve your audition prep process and if so, how would you go about doing that?
3. Jennifer said that having a personal connection at an audition really “got in my head,” what are the things that “get in your head” and what can you do to combat the effect those things have on your mindset and your performance?
4. Jennifer talked about her “Practice Mindset” and “Performance Mindset” and that shifting from the practice and analytical mindset to the trusting “what’s done is done” mindset took practice for her – do you transition from one mindset to another? When and how do you do it? Does it come naturally to you or do you have to work at it?
5. Jennifer mentioned avoiding “self-sabotage” – what are the ways we self-sabotage? How can we correct them moving forward?